

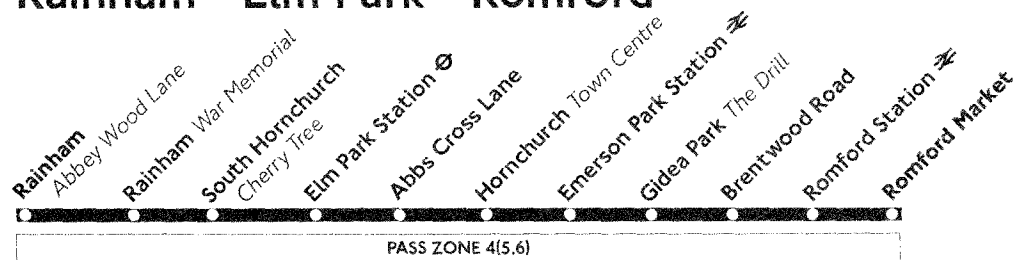
165

Daily



(see note below)

Rainham - Elm Park - Romford



Mondays to Fridays

Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0609	0621		1829	1844	1859	1914	1929	1944	2000	2020
Rainham War Memorial	0448	0503	0518	0533	0548	0603	0617	0629		1837	1852	1907	1922	1937	1952	2008	2028
South Hornchurch Cherry Tree	0453	0508	0523	0538	0553	0608	0623	0635	Then	1845	1900	1915	1929	1943	1958	2014	2034
Elm Park Station	0459	0514	0529	0544	0559	0614	0629	0642	about	1852	1907	1922	1936	1950	2005	2020	2040
Hornchurch Town Centre	0507	0522	0537	0552	0607	0622	0637	0650	every	1900	1915	1930	1944	1958	2013	2028	2048
Gidea Park The Drill	0512	0527	0542	0557	0612	0627	0642	0656	12 minutes	1907	1922	1937	1951	2005	2019	2034	2054
Romford Station	0517	0532	0547	0602	0617	0633	0648	0702	until	1914	1929	1943	1957	2011	2025	2040	2100
Romford Market	0520	0535	0550	0605	0620	0636	0651	0705		1918	1932	1946	2000	2014	2028	2043	2103

Abbey Wood Lane	2040	Then	00	20	40		2400	0020
Rainham War Memorial	2048	every	08	28	48		0008	0028
South Hornchurch Cherry Tree	2054	20 minutes,	14	34	54		0014	0034
Elm Park Station	2100	at these	20	40	00	until	0020	0040
Hornchurch Town Centre	2108	minutes	28	48	08		0028	0048
Gidea Park The Drill	2114	past the	34	54	14		0034	0054
Romford Station	2120	hour	40	00	20		0040	0100
Romford Market	2123		43	03	23		0043	0103

Saturdays

Abbey Wood Lane	0440	0455	0510	0525	0540	0555	0610	0625	0640	0655	0710	0724	0739	0754	0809	0824	1758
Rainham War Memorial	0448	0503	0518	0533	0548	0603	0618	0633	0648	0703	0718	0732	0747	0802	0817	0832	Then 1806
South Hornchurch Cherry Tree	0453	0508	0523	0538	0553	0608	0623	0638	0653	0708	0723	0738	0753	0808	0823	0839	about 1813
Elm Park Station	0459	0514	0529	0544	0559	0614	0629	0644	0659	0714	0729	0744	0759	0814	0830	0846	every 1820
Hornchurch Town Centre	0507	0522	0537	0552	0607	0622	0637	0652	0707	0722	0737	0752	0807	0822	0838	0854	12 1829
Gidea Park The Drill	0512	0527	0542	0557	0612	0627	0642	0657	0712	0727	0742	0757	0812	0827	0844	0900	mins 1835
Romford Station	0517	0532	0547	0602	0617	0632	0647	0702	0717	0732	0747	0802	0818	0833	0851	0907	until 1842
Romford Market	0520	0535	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0821	0837	0855	0911	1846

Abbey Wood Lane	1813	1828	1843	1858	1913	1928	1943	2000	2020	2040	Then	00	20	40		2400	0020
Rainham War Memorial	1821	1836	1851	1906	1921	1936	1951	2008	2028	2048	every	08	28	48		0008	0028
South Hornchurch Cherry Tree	1827	1842	1857	1912	1927	1942	1957	2014	2034	2054	20 minutes,	14	34	54		0014	0034
Elm Park Station	1834	1849	1904	1919	1934	1949	2003	2020	2040	2100	at these	20	40	00	until	0020	0040
Hornchurch Town Centre	1843	1858	1913	1928	1943	1958	2012	2028	2048	2108	minutes	28	48	08		0028	0048
Gidea Park The Drill	1849	1904	1919	1934	1949	2004	2018	2034	2054	2114	past the	34	54	14		0034	0054
Romford Station	1856	1911	1926	1941	1955	2010	2024	2040	2100	2120	hour	40	00	20		0040	0100
Romford Market	1900	1915	1929	1944	1958	2013	2027	2043	2103	2123		43	03	23		0043	0103

Sundays and Public Holidays

Abbey Wood Lane	0550	0610	0630	0650	0710	0730	0750	0810	0830	0845	0900	0920	0940	1000	1020	1040	1100	1120
Rainham War Memorial	0558	0618	0638	0658	0718	0738	0758	0818	0838	0853	0908	0928	0948	1008	1028	1048	1108	1128
South Hornchurch Cherry Tree	0603	0623	0643	0703	0723	0743	0803	0823	0844	0859	0914	0934	0954	1014	1034	1055	1115	1135
Elm Park Station	0609	0629	0649	0709	0729	0749	0809	0829	0850	0905	0920	0940	1000	1020	1041	1102	1122	1142
Hornchurch Town Centre	0617	0637	0657	0717	0737	0757	0817	0837	0858	0913	0928	0948	1008	1028	1049	1110	1130	1150
Gidea Park The Drill	0622	0642	0702	0722	0742	0802	0822	0842	0903	0918	0933	0954	1014	1034	1055	1116	1136	1156
Romford Station	0627	0647	0707	0727	0747	0807	0827	0847	0908	0924	0939	1000	1020	1040	1101	1122	1142	1203
Romford Market	0630	0650	0710	0730	0750	0810	0830	0850	0911	0927	0942	1003	1024	1044	1105	1126	1146	1207

Abbey Wood Lane	1140	Then	00	20	40		1700	1720	1740	1800	1820	1840	1900	1920	1940	2000	2020
Rainham War Memorial	1148	every	08	28	48		1708	1728	1748	1808	1828	1848	1908	1928	1948	2008	2028
South Hornchurch Cherry Tree	1155	20 minutes,	15	35	55		1715	1735	1755	1814	1834	1854	1914	1934	1954	2014	2034
Elm Park Station	1202	at these	22	42	02	until	1722	1742	1802	1821	1841	1900	1920	1940	2000	2020	2040
Hornchurch Town Centre	1211	minutes	31	51	11		1731	1751	1811	1830	1849	1908	1928	1948	2008	2028	2048
Gidea Park The Drill	1217	past the	37	57	17		1737	1757	1817	1836	1855	1914	1934	1954	2014	2034	2054
Romford Station	1224	hour	44	04	24		1744	1803	1823	1842	1901	1920	1940	2000	2020	2040	2100
Romford Market	1228		48	08	28		1748	1807	1827	1846	1905	1924	1943	2003	2023	2043	2103

Abbey Wood Lane	2040	Then	00	20	40		2400	0020
Rainham War Memorial	2048	every	08	28	48		0008	0028
South Hornchurch Cherry Tree	2054	20 minutes,	14	34	54		0014	0034
Elm Park Station	2100	at these	20	40	00	until	0020	0040
Hornchurch Town Centre	2108	minutes	28	48	08		0028	0048
Gidea Park The Drill	2114	past the	34	54	14		0034	0054
Romford Station	2120	hour	40	00	20		0040	0100
Romford Market	2123		43	03	23		0043	0103



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London Travel Information
020 7222 1234 24 hours

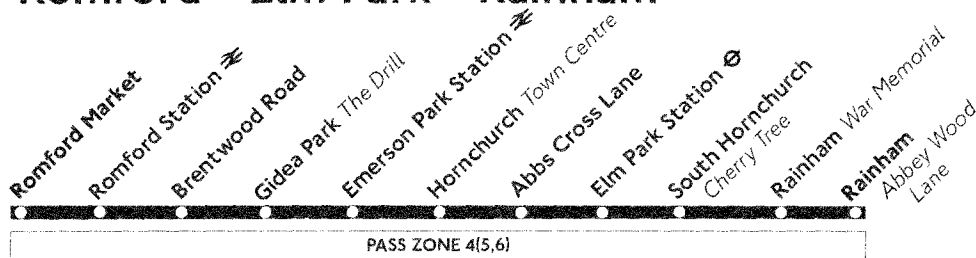
165

Romford - Elm Park - Rainham

Daily



(see note below)



Mondays to Fridays

Romford Market	0512	0527	0542	0557	0612	0627	0642	0657	0712	0724		1905	1920	1935	1950	2005	2020
Romford Station	0515	0530	0545	0600	0615	0630	0645	0700	0716	0728	Then	1910	1925	1939	1954	2009	2024
Gidea Park The Drill	0520	0535	0550	0605	0620	0635	0651	0706	0722	0735	about	1916	1931	1945	2000	2015	2029
Hornchurch Town Centre	0526	0541	0556	0611	0626	0642	0658	0713	0729	0742	every	1923	1938	1952	2006	2021	2035
Elm Park Station	0533	0548	0603	0618	0633	0649	0705	0721	0737	0751	12 minutes	1931	1946	2000	2014	2029	2043
South Hornchurch Cherry Tree	0539	0554	0609	0624	0639	0655	0712	0728	0745	0759	until	1938	1953	2007	2021	2036	2050
Rainham War Memorial	0544	0559	0614	0629	0645	0702	0719	0736	0753	0807		1945	1959	2013	2027	2042	2056
Abbey Wood Lane	0551	0606	0621	0636	0653	0710	0727	0744	0801	0815		1952	2006	2020	2034	2049	2103

Romford Market	2035	2056	Then	16	36	56	0116										
Romford Station	2039	2100	every	20	40	00	0120										
Gidea Park The Drill	2044	2105	20 minutes,	25	45	05	0125										
Hornchurch Town Centre	2050	2111	at these	31	51	11	0131										
Elm Park Station	2058	2118	minutes	38	58	18	0138										
South Hornchurch Cherry Tree	2105	2125	past the	45	05	25	0145										
Rainham War Memorial	2111	2131	hour	51	11	31	0151										
Abbey Wood Lane	2118	2138		58	18	38	0158										

Saturdays

Romford Market	0512	0527	0542	0557	0612	0627	0642	0657	0712	0727	0742	0757	0812	0827	0840		1905
Romford Station	0515	0530	0545	0600	0615	0630	0645	0700	0715	0730	0745	0800	0815	0830	0843	Then	1909
Gidea Park The Drill	0520	0535	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0820	0835	0849	about	1915
Hornchurch Town Centre	0526	0541	0556	0611	0626	0641	0656	0711	0726	0741	0756	0811	0826	0841	0855	every	1922
Elm Park Station	0533	0548	0603	0618	0633	0648	0703	0718	0733	0748	0803	0818	0833	0849	0903	12 minutes	1930
South Hornchurch Cherry Tree	0539	0554	0609	0624	0639	0654	0709	0724	0739	0754	0809	0824	0840	0856	0910	until	1937
Rainham War Memorial	0544	0559	0614	0629	0644	0659	0714	0729	0744	0759	0814	0830	0846	0902	0917		1943
Abbey Wood Lane	0551	0606	0621	0636	0651	0706	0721	0736	0751	0806	0821	0837	0853	0909	0924		1950

Romford Market	1920	1935	1950	2005	2020	2036	2056	Then	16	36	56	0116					
Romford Station	1924	1939	1954	2009	2024	2040	2100	every	20	40	00	0120					
Gidea Park The Drill	1929	1944	1959	2014	2029	2045	2105	20 minutes,	25	45	05	0125					
Hornchurch Town Centre	1935	1950	2005	2020	2035	2051	2111	at these	31	51	11	0131					
Elm Park Station	1943	1958	2013	2027	2042	2058	2118	minutes	38	58	18	0138					
South Hornchurch Cherry Tree	1950	2005	2020	2034	2049	2105	2125	past the	45	05	25	0145					
Rainham War Memorial	1956	2011	2026	2040	2055	2111	2131	hour	51	11	31	0151					
Abbey Wood Lane	2003	2018	2033	2047	2102	2118	2138		58	18	38	0158					

Sundays and Public Holidays

Romford Market	0606	0626	0646	0706	0726	0746	0806	0826	0846	0906	0926	0946	1006	1026	1046	1106	1126	1146
Romford Station	0609	0629	0649	0709	0729	0749	0809	0829	0849	0909	0929	0949	1009	1029	1049	1109	1130	1150
Gidea Park The Drill	0614	0634	0654	0714	0734	0754	0814	0834	0854	0915	0935	0955	1015	1035	1055	1115	1136	1156
Hornchurch Town Centre	0620	0640	0700	0720	0740	0800	0820	0840	0900	0921	0941	1001	1021	1041	1101	1122	1143	1203
Elm Park Station	0627	0647	0707	0727	0747	0807	0827	0847	0907	0928	0948	1008	1029	1049	1109	1130	1151	1211
South Hornchurch Cherry Tree	0633	0653	0713	0733	0753	0813	0833	0853	0913	0934	0955	1015	1036	1056	1116	1137	1158	1218
Rainham War Memorial	0638	0658	0718	0738	0758	0818	0838	0859	0919	0940	1001	1021	1042	1102	1122	1143	1204	1224
Abbey Wood Lane	0645	0705	0725	0745	0805	0825	0845	0906	0926	0947	1008	1028	1049	1110	1130	1151	1212	1232

Romford Market	1206	1226	1246	Then	06	26	46		1706	1725	1744	1803	1822	1841	1900	1919	1937
Romford Station	1210	1230	1250	every	10	30	50		1710	1729	1748	1807	1826	1845	1904	1923	1941
Gidea Park The Drill	1216	1236	1256	20 minutes,	16	36	56		1716	1735	1754	1813	1832	1851	1910	1929	1947
Hornchurch Town Centre	1223	1244	1304	at these	24	44	04	until	1724	1743	1802	1820	1839	1858	1917	1935	1953
Elm Park Station	1231	1252	1312	minutes	32	52	12		1732	1751	1810	1828	1846	1905	1924	1942	2000
South Hornchurch Cherry Tree	1238	1259	1319	past the	39	59	19		1739	1758	1817	1835	1853	1912	1931	1949	2007
Rainham War Memorial	1245	1306	1326	hour	46	06	26		1746	1804	1823	1841	1859	1918	1937	1955	2013
Abbey Wood Lane	1253	1314	1334		54	14	34		1754	1812	1831	1849	1907	1926	1944	2002	2020

Romford Market	1956	Then	16	36	56	0116											
Romford Station	2000	every	20	40	00	0120											
Gidea Park The Drill	2005	20 minutes,	25	45	05	0125											
Hornchurch Town Centre	2011	at these	31	51	11	0131											
Elm Park Station	2018	minutes	38	58	18	0138											
South Hornchurch Cherry Tree	2025	past the	45	05	25	0145											
Rainham War Memorial	2031	hour	51	11	31	0151											
Abbey Wood Lane	2038		58	18	38	0158											



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